



Dept. of Health Education
Tufts University

CREAMY APPLE-RAISIN OATMEAL

Time: 10 min

Ingredients:

- **1/3 cup quick-cooking oats**
- **1 tablespoon raisins**
- **1/2 cup unsweetened apple juice**
- **2 tablespoons fat-free French vanilla yogurt**
- **1/2 tablespoon packed brown sugar (optional)**

Directions:

- **In a bowl stir oats, raisins, and apple juice**
- **Microwave on high for 2-3 minutes, stirring every 30 seconds, until thickened**
- **Top with yogurt and sprinkle with brown sugar**



Benefits: Oats provide soluble fiber, which help fill you up and has been shown to lower blood cholesterol.

Nutrition Information: Calories 250 (Calories from Fat 20); Total Fat 2g (Saturated Fat 1/2g, Trans Fat 0g); Cholesterol 0mg; Sodium 25mg; Total Carbohydrate 51g (Dietary Fiber 3g, Sugars 27g); Protein 5g